



My Health in My Hands

Online resources

[Chronic disease resources](#)

[Arthritis](#)

[Asthma](#)

[Cancer](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)](#)

[Diabetes](#)

[Heart](#)

[Kidney](#)

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[Physical activity resources](#)

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[Other resources](#)

Chronic disease resources

Chronic conditions initiatives and programs

Chronic Disease Management Patient Information

Managing Chronic Conditions

Arthritis

Arthritis Australia website

10 Steps For Living Well With Arthritis

Caring and Arthritis

Diet

Managing Arthritis

Musculoskeletal Conditions

National Strategic Action Plan for Arthritis

Osteoarthritis

Video Self-Management of Arthritis Pain

Asthma

Asthma

Asthma Inhaler and Medication Tips

Inhaler Technique

Lung Conditions

My Asthma Guide

National Asthma Council

Videos Using Inhalers

Video Understanding Asthma

Cancer

Cancer Council

Cancer Initiatives And Programs

Caring for Someone with Cancer

Emotions and Cancer

Fatigues and Cancer

Living Well After Cancer

Nutrition for People Living with Cancer

Preventing and Diagnosing Cancer

Screening for Cancer

Treating and Managing Cancer

Understanding Cancer Pain

Video Living Well After Cancer: Self -Management Resources

Chronic Obstructive Pulmonary Disease (COPD)

COPD

Heart and Cardiovascular Conditions

Living with a Lung Disease and Lung Cancer

Lung Conditions

Lung Foundation Australia

My COPD Checklist

Self Care Plans

The Basics of COPD

Understanding COPD

Diabetes

About Diabetes

About The National Diabetes Services Scheme (NDSS)

Diabetes Australia

Diabetes Factsheets

Diabetes: Making Healthy Food Choices

Healthy Meal Ideas

Heart

Alcohol Action Plan

Coronary Heart Disease and Atherosclerosis

Heart Foundation

My Heart, My Life Program Part 1

Nutrition Action Plan

Physical Activity Action Plan

Quit Smoking Action Plan

Stroke

Warning Signs of a Heart Attack

Stroke

Kidney

Chronic Kidney Disease

Exercise and Kidney Disease

Kidney Cancer Factsheet

Kidney Health Australia

National Strategic Action Plan for Kidney Disease

Nutrition and Kidney Disease

Urinary Tract Infections Factsheet

What is Chronic Kidney Disease

Mental Health

Brian Tumours

Centre for Clinical Interventions - Looking After Yourself

Dementia - Overview

Mental Health Australia

Multiple Sclerosis (MS)

Nervous System Diseases

Parkinson's Disease

Sleep Disorders

Video Depression - Recognising Symptoms

Osteoporosis

Exercise and Bone Health

Healthy Bones Australia

Musculoskeletal Australia

Musculoskeletal Conditions

National Strategic Action Plan for Osteoporosis

Osteoarthritis

Osteoporosis

Osteoporosis Treatment Factsheet

Vitamin D Fact Sheet

Pain

Back Pain

Musculoskeletal Conditions

Pain

Pain Management Resources

Taking control of your back pain

Understanding Cancer Pain

Goal setting resources

Goal Setting

Motivation: How to Get Started and Staying Motivated

Principles of Goal Setting

Medication resources

The Pharmaceutical Benefit Scheme

Safe Use of Medicines

Medication safety for older people

Home medicines review

Video Managing Your Medication

Nutrition resources

Australian Dietary Guidelines

Diabetes: Making Healthy Food Choices

Nutrition Australia

Food and Nutrition - Department of Health and Aged Care

Healthy Cooking Video

Healthy Meal Ideas

How To Understand Food Labels

Healthy Meal And Snack Ideas

Nutrition for People Living with Cancer

Video Eating Well

Physical activity resources

About Physical Activity and Exercise

Health Benefits of Swimming

How to Start Exercising

Physical Activity And Exercise Guidelines For All Australians

Strength Training for Beginners

Self-management videos

Video What is management?

Video About self-management

Video Why is self-management support important

Video Self-Management Videos

Video Five Step Plan to Good Self-Management

Video Self-Management Videos (WA Department of Health)

Social and emotional health resources

Ageing and Sleep

Anxiety

Beyond Blue

Coping with a Serious Health Event - Beyond Blue

Creating Healthy Habits

Exercise Your Way to Wellbeing - Beyond Blue

Keep Your Stress Bucket from Overflowing - Beyond Blue

Mindfulness

Out with the Mess, Out with the Stress - Beyond Blue

Reach Out: Connect with Other People

Relaxation Techniques for Stress Relief

Stress

Tips for a Good Night's Sleep - Beyond Blue

Work-Life Balance

Video Mental Wellness

Other resources

[Advance Care Directives \(South Australia\)](#)

[Contenance Aids Payment Scheme \(CAPS\)](#)

[Contenance and Ageing](#)

[Contenance Management Plan](#)

[Incontinence](#)

[My Aged Care Service And Support Portal](#)

[Respite Care](#)

[Tips for Quitting Smoking](#)

[Who Can Provide Allied Health Care](#)

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SCC_HealthInMyrHands_OnlineResources_May2023

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